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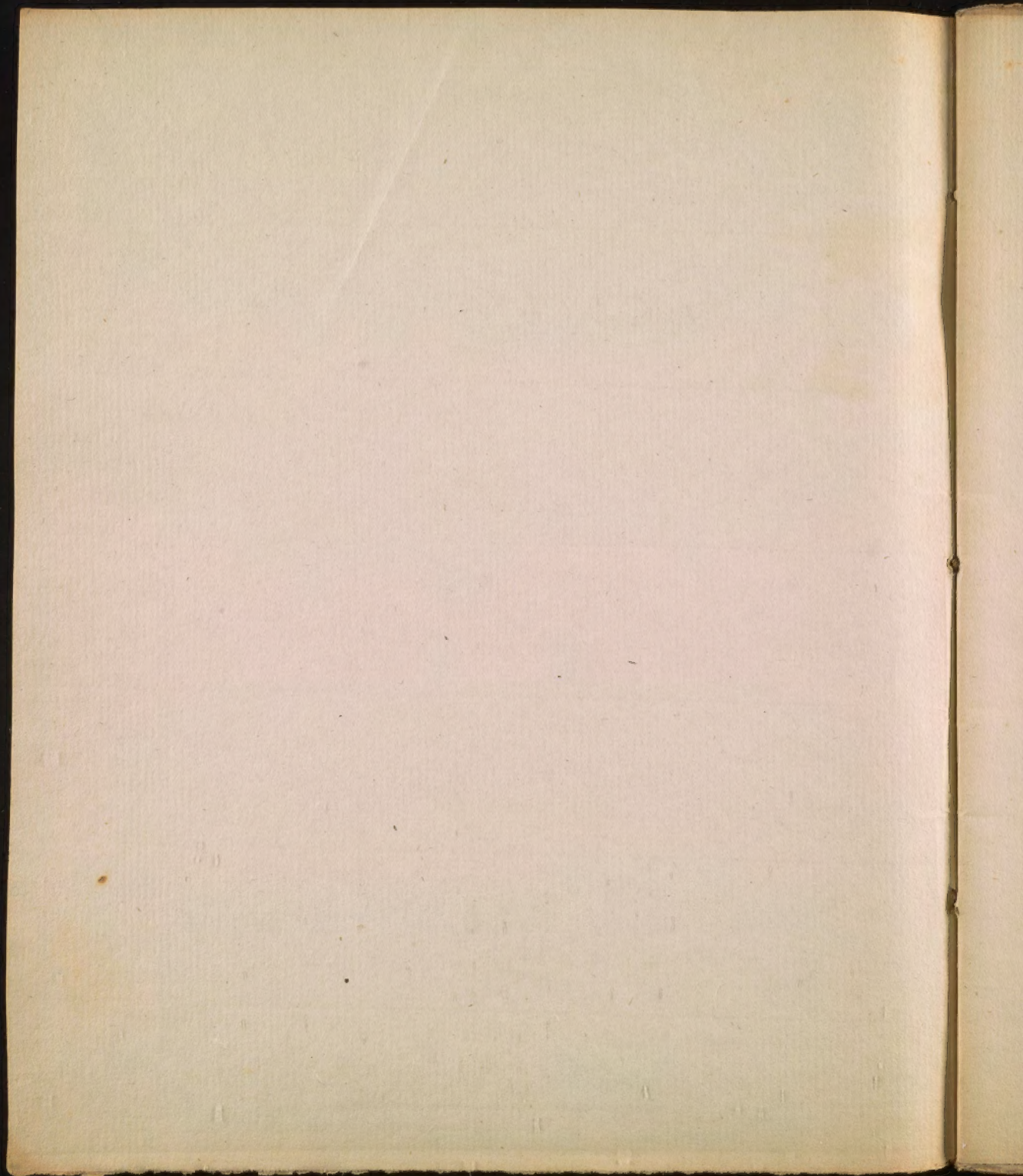
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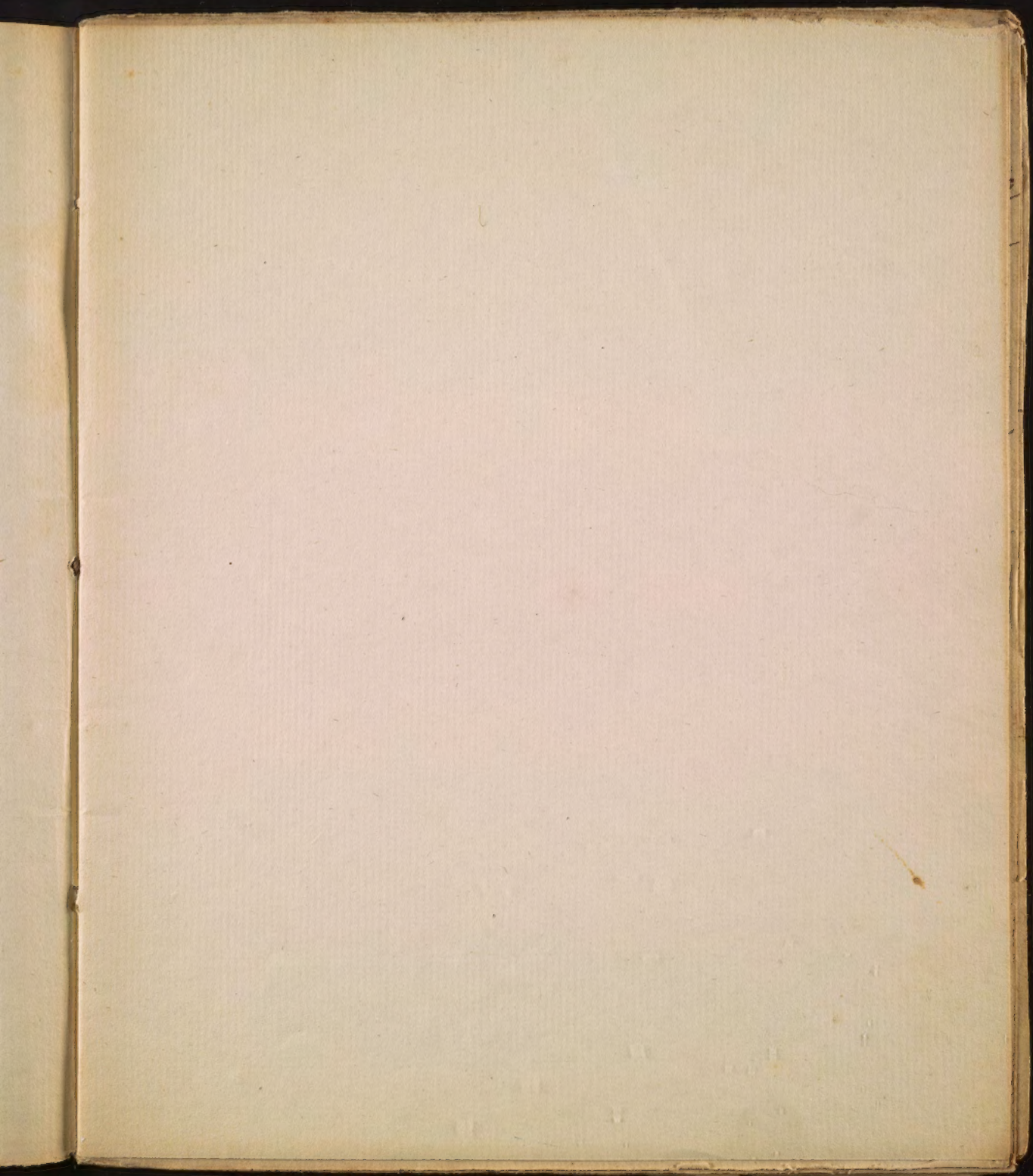
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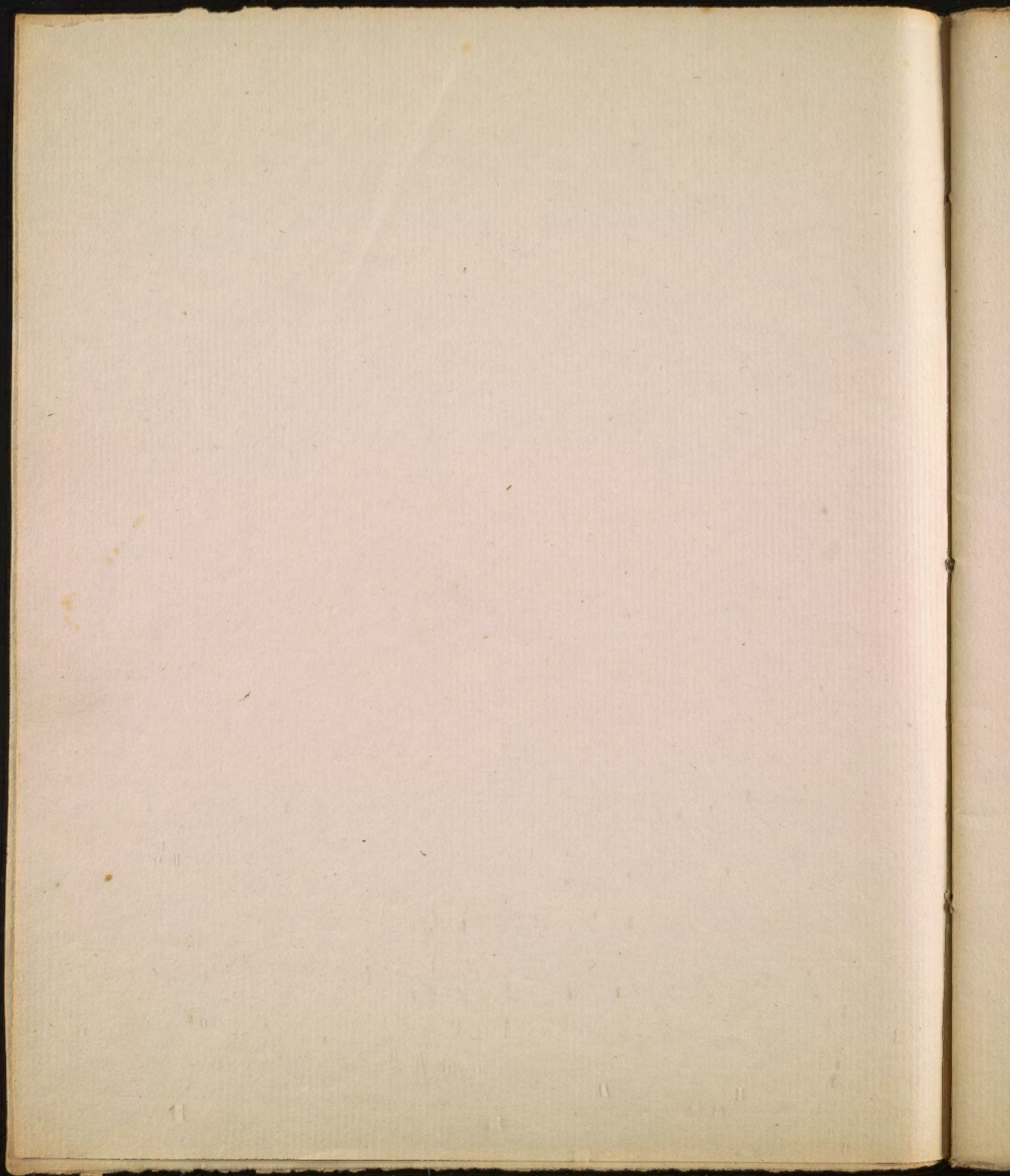
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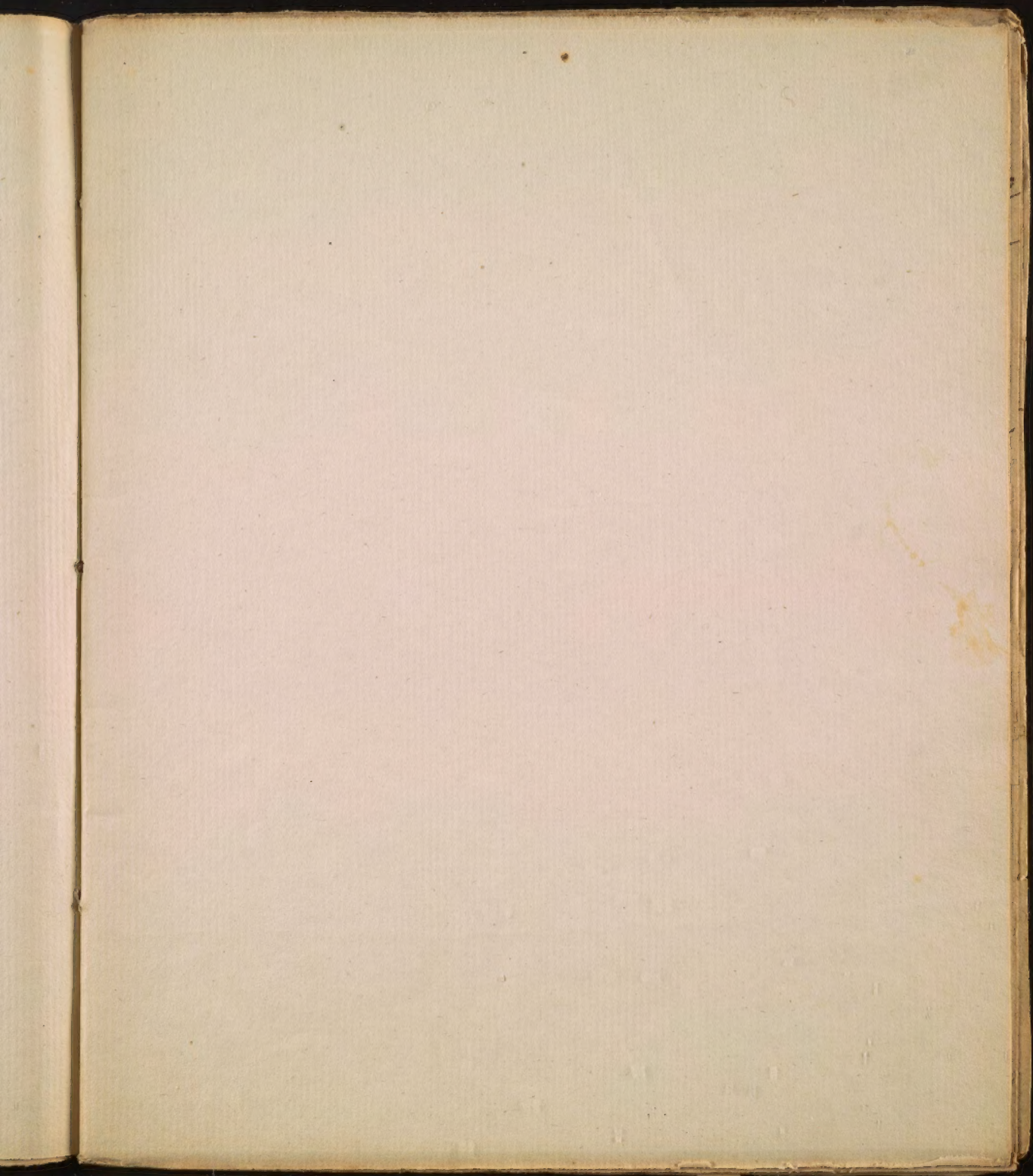
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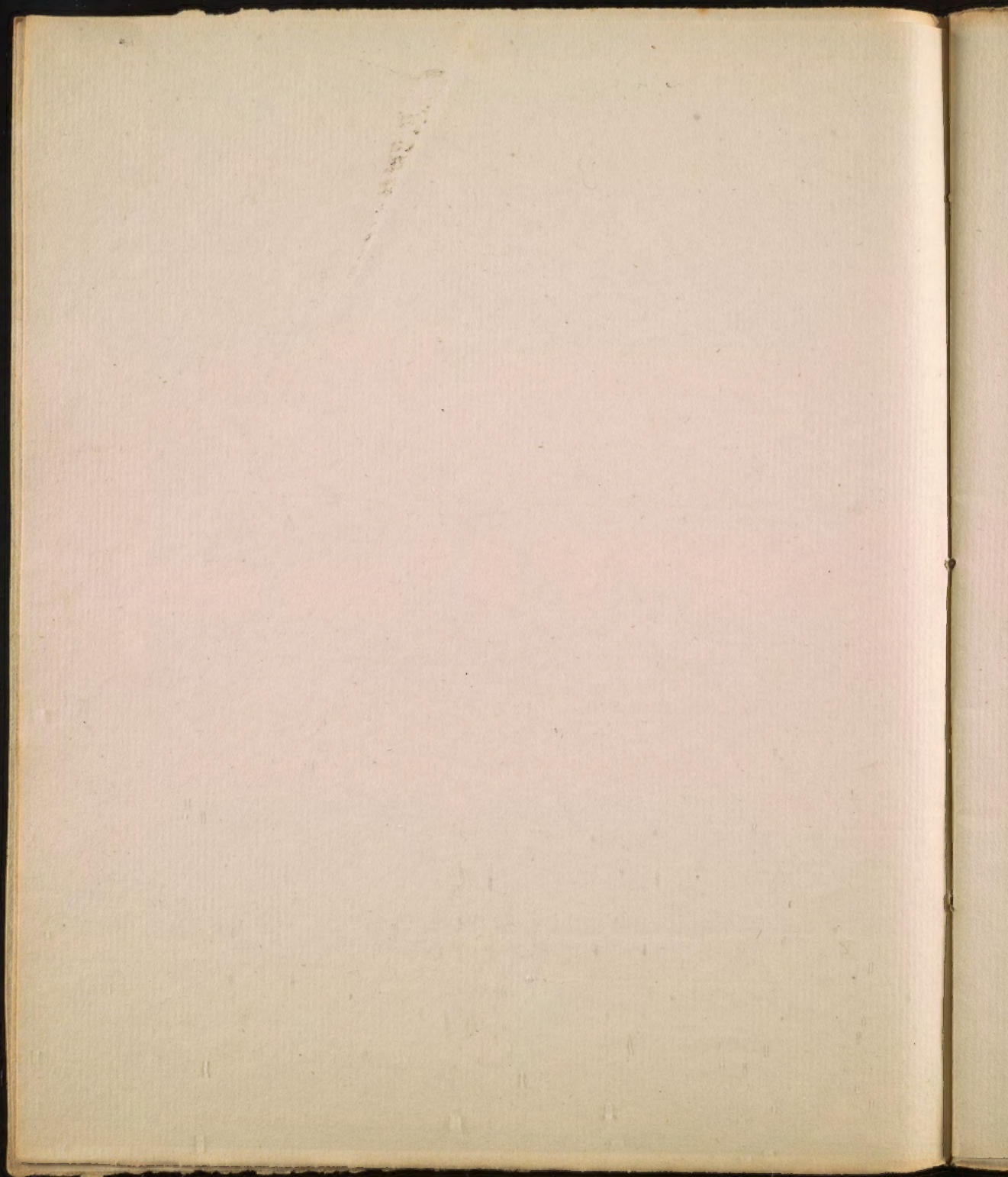
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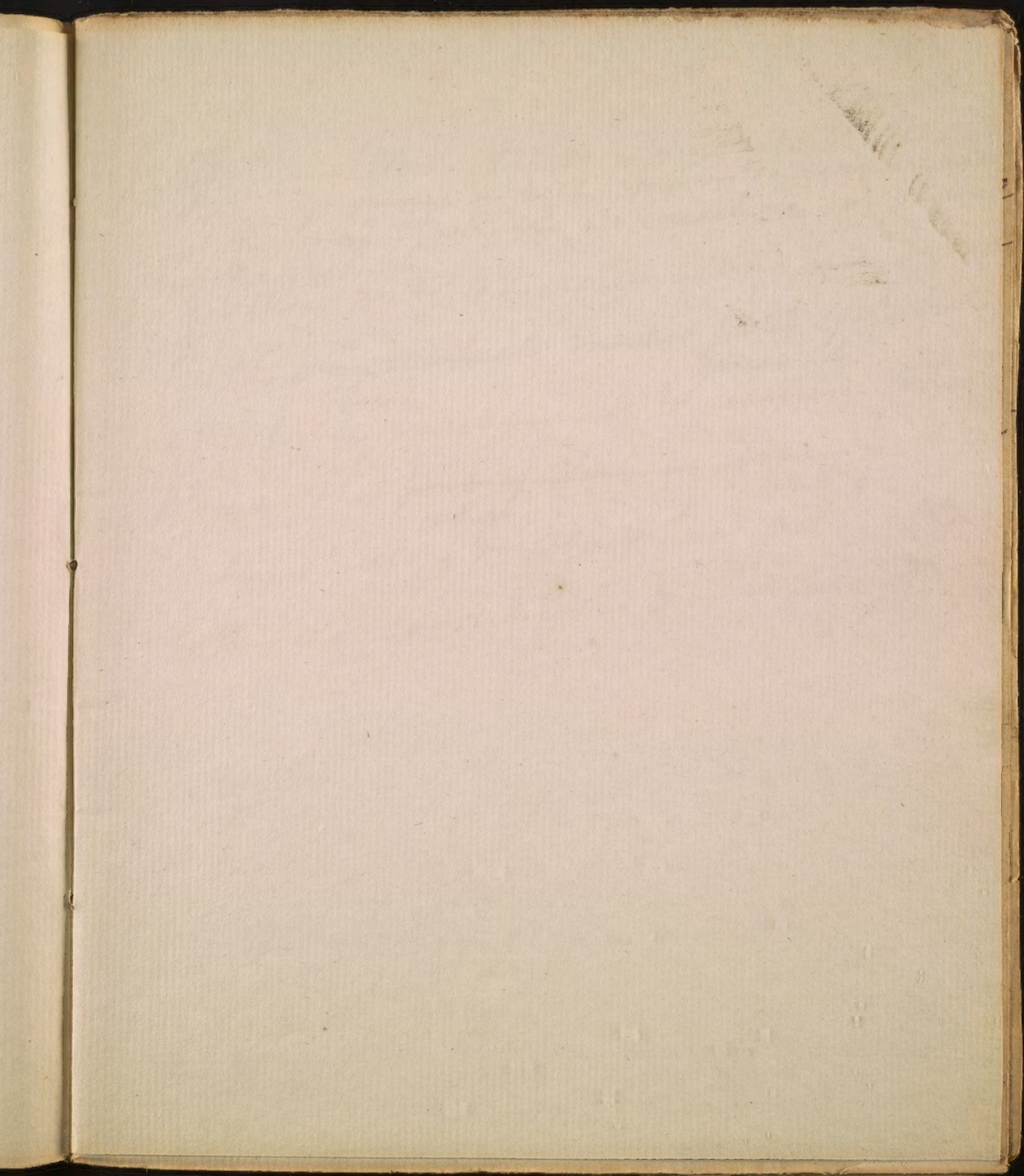


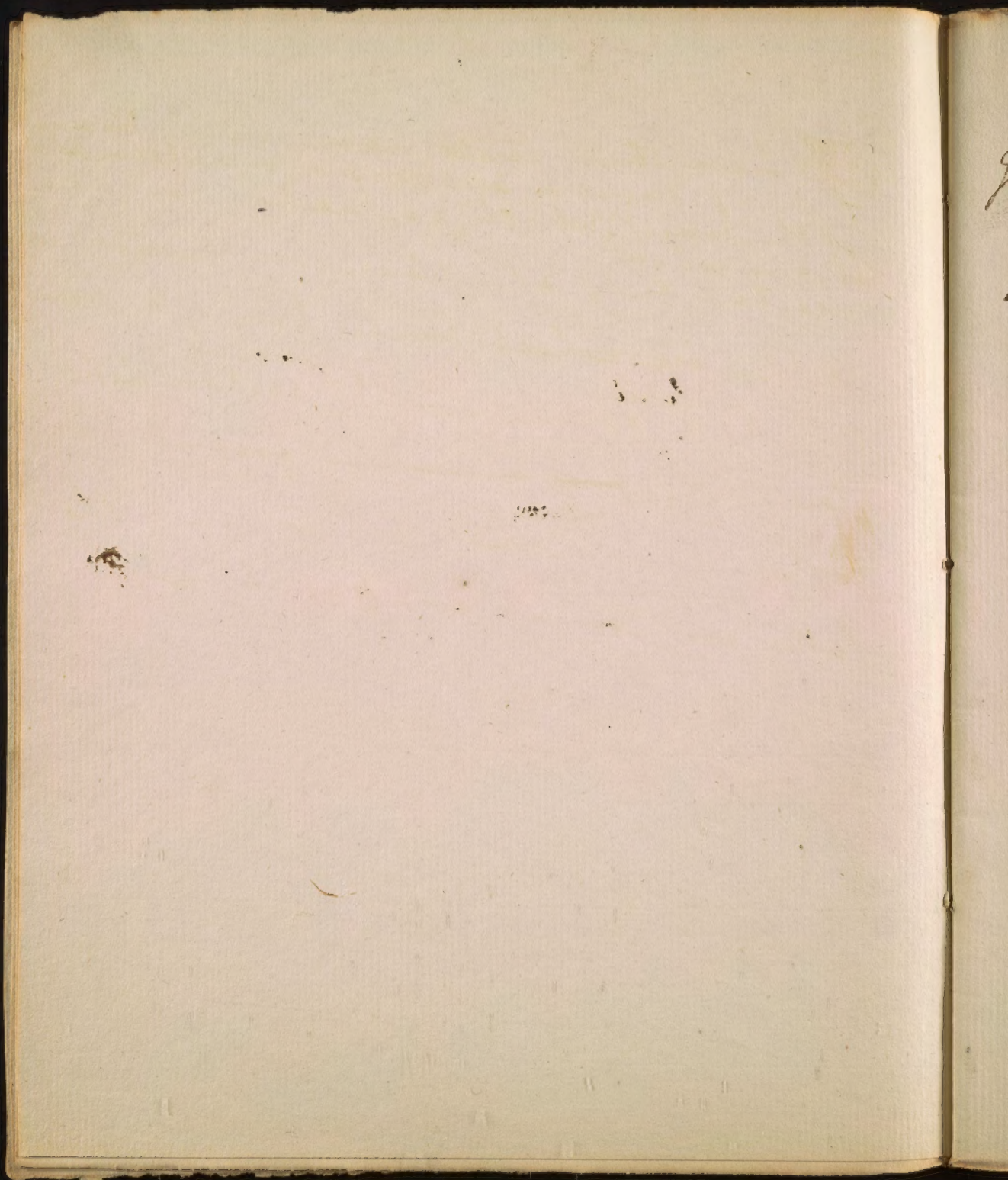












1
I have thus treated upon all the diseases
of the brain ^{general or local oppression or prostration take} place, & in which ⁱⁿ which no reaction, or partial
reaction only takes place. We proceed next
to those ~~in which~~ ^{in which} excited states of the brain
in which ^{local} excitement, & ^{general} reaction take
place. The first of these is ~~former~~ are
wakefulness ^{cataplexy -} vertigo & head ache & the
latter are convulsions & or Epilepsy.

~~WJ~~ ~~have~~ ~~included~~

1
on wakefulness.

The limits of natural sleep are different in different people, and in the different periods of life. Many instances are recorded of persons passing months, [&] years ~~(and one of a man passing nearly his whole life which extended to 70 years)~~ with but a few hours sleep in the four & twenty and yet enjoying good health. M^r Gorch in his journey relates an instance of a Spaniard who between the ages of 20 & 70 never slept but $\frac{1}{4}$ of an hour in the four & twenty without feeling being in the least incommoded by it. His diet during this ~~long~~ long period consisted only of fish - Chocolate & a few vegetables. In France and in certain dioceses of the

V It ~~disorder~~ appears in different forms.
1 In ^a quiet state of the body and mind in
which case it is sometimes attended with
pleasurable sensations. 2 In great restlessness,
or jactations of the whole body from side to
side or to different parts of the bed. 3 In little
short jerks of the muscles of the limbs
called by the good women the crevils.

I have called it a disease ^{but as for I believe}
^{in the brain.}
it is often accompanied with morbid action
^{this is evident in}
the pulse which is not only preternaturally
full, ^{but} tense. ^{But it} ~~It is~~ often takes place ~~in~~
from an excess of, or deficiency of natural
excitement in the brain. Whether it arise
from ~~a disease~~, or the former or latter cause

2
Nerves & brain there is often an absence of
sleep for days and weeks without any per-
manent injury being done to the system by
it. Many facts of this kind are mentioned
by Dr Haller in his Elements of Physiology.

But in ~~general wakefulness~~ however
happily the system may accommodate itself
to these extraordinary degrees of vigilance,
it is generally a disease when it exceeds the
ordinary habits of most people, that it
when it exceeds from 06 to 08 hours in

The four and twenty. It is ~~always an~~
^{State of the system}
insane ~~disease~~, and when neglected often
induces madness, or more dangerous and
fatal diseases of the brain. V

Wakefulness is induced by

I Corporeal, and

II Mental Causes. ~~That is Corporeal~~

III. By a mixture of both corporeal & mental causes.

V accompanied with great cephalic determination.
-nation. 10. ~~great~~ pregnancy. I have known
wretchedness produced by it six weeks before
parturition. 11 pain from all its causes.
12 a ^{soft} ~~hard~~ bed after being accustomed to a
hard bed.

The corporeal causes which reduce the
excitement below the sleeping point are p. 4

1 The corporeal causes ³
act by inducing excitement beyond the sleeping
point, or ~~rather~~ ^{they} produce a diminution of
excitement below the sleeping point with
such an accumulation of excitability, as
to render the brain too excitable from
stimuli to repose its itself at the point of

sleep. ^{corporeal} These causes which elevate the brain
beyond the sleeping point are

1 strong tea and coffee & strong drink whether
of ardent or ~~distilled~~ ^{fermented} liquors, ^{in moderate or} ~~and opium~~
small quantities. & a small dose of opium.

4 The peruvian Bark. Six Lemon doses
of this medicine induced it for three nights
and days in a lady in this city. 5 a heavy
supper, or Abstinence, or Dismissal of habitual
to a patient. 6 noises of all kinds of ac-
-tual nature. 7 ~~total~~ ^{excessive} corporeal heat. & cold-
-ness of any part of the body, particularly the
^{It throws heat & blood into the brain.}
feet. & a hard, ~~or too soft~~ a bed. 9 a fever

✓ The wakefulness ^{which afflicted} of the celebrated
Rufian ~~which afflicted him~~ in the
evening of his life was brought on
by ~~this cause~~ undue exercises of his
understanding. The passions which prevent
sleep are by unduly exciting the brain.
such as love, envy, resentment - malice.
The other mental irritants are

unaccompanied with great cephalic distress:
~~the sudden solution of a~~
 fever leaving the system in a highly excited
 state. 11. ~~pains from all its causes~~

2 The want of labor, study, or exercise during
 the day. ~~and~~ 3 fatigue from an undue
 proportion of ~~all~~ of them. 14 Protracted

night watchings induced by ^{pleasure or} necessity, ~~or~~ game.

15 are sometimes unable sleep after spending

two or three nights at a gaming table. ~~These~~

was ~~Dr. McEider~~ ^{of Dublin} died of madness induced wholly
 by his losing four or five nights ^{sleep} in attending

upon the duties of his theatrical profession.

14 ~~Perforation~~ I have known an instance of watchfulness
 occurring for six weeks before parturition.

II The mental causes of watchfulness are

1. The undue exercise of the understanding, and
 overstimulating the brain, and ~~also~~ ^{the} raising
 passions. The former are worst apt to induce
 it above the sleeping point.
 it when begun in the evening, or just before
 going to bed.

~~1/2 Love especially when unsuccessful. Dr
Horne in his *principia medicinae* describes
this effect of love in the following ^{elegant} words. "Som-
nus enim vocatur, esque ad Auroraem desunt."~~

~~Voc.~~
1/2 Fear. This is often induced by Cats, rats, or
the dread of robbers, and by high winds. 1/2
2/2 Grief.

2 ~~Interesting~~ interesting and vexatious business of all kinds particularly law suits, and politics.

3 ~~By~~ By night prying upon the conscience. Wakefulness is so often brought on by ~~the~~ ^{capt} ~~the~~ ^{two} ~~of these~~ ^{cautious} ~~Canoes~~ ^{prudent} men consider it as a ~~mark~~ ^{mark} of suspicious circumstance

in a man's character when he passes the greatest part of his nights in his bed without sleeping. "Let me have men

About me ^{says Casan} ~~that are sleep heads~~ in the play ~~that~~ ^{that} bear his name ^{that} ~~are~~ ^{are} sleep heads "men

"Cassius thinks too much". ~~The~~ ^{The} mental causes which reduce the brain below the sleeping point I have said Wakefulness is induced by

a mixture of corporeal and mental causes.

This occurs chiefly in old age in which ^{under} the excitability in the ~~system~~ ^{body} and

mind, exceed the loss of the excitement of



both of them. There is scarcely any bodily im-
-pression so feeble, or mental uneasiness so
trifling that does not at times bring on
wakefulness in old people. Even the weight
of a grasshopper is a burden to their bodies.

The Brain in all these cases of wake-
-fulness is always in one of two states, exci-
-ted above, or depressed below the sleeping
point. ~~The Remedies for the former case~~
~~are a Bleeding~~ ~~This is always required~~
The pulse is tense, or full, without tension,
or ~~there~~ there is a flushing in the face, &
a red, or watery eye, without any morbid
state of the pulse. ^{Remedies here should be} ~~The Bleeding~~ ^{it should be repeated,}
~~until~~ those signs of undue excitement are
removed. I have used this remedy often, &
always with success in this disease. Where
there is reason to believe the disease is con-
-fined



chiefly, or wholly to the brain, cups or leeches
should be preferred to the lancet.

2 Laxative purges. 3 Low Diet, and particularly
abstinence from tea, Coffee, and spirituous
liquors. 4 no supper. 5 Cold applications to
the head, and warm applications at the same
time to the feet. Sleeping without a night
cap in cold weather in persons who have
been accustomed to wearing one will frequently
admit of as much cold to the head as is requi-
red. The Bishop of Miness was cured by this
simple remedy after using many others to no
purpose. His head was bled with age.
6 Profound Darkness and Silence. 7 Lying on the
back. This acts by retarding the action of nearly
all the vessels of the body. 8 Blister first
to the Anles and afterwards to the neck. 9 Re-
-move ~~excess~~ labor or exercise during the day, or
just before bed time. Walking the floor for half
an hour before lying down in bed is often an



anodyne to its wakefulness from undue
excitement of the brain. It is the more
anxious and restless; if the ^{day} evening has
been passed in study at a desk. It acts by
abstracting accumulated excitement from
the brain, and throwing into the limbs, &
thus equalizing it. 10 In that state of wake-
fulness in which there is restlessness, or
jactation of the body, or those little jerking
of the limbs which ^{are} called crisis, great
advantages have been derived from jumping
throwing off the bed cloaths and exposing the
body to the cold air. The system when depressed,
by the cold, reacts equally, and thus by equal-
izing excitement, induces sleep. But if this
should be ineffectual, the patient should jump
out of his bed, and walk undressed for
five or six minutes up & down his room.
Jm

12 V: applying bottles with hot water, or hot
brick to the feet. They abstract excitement
from the brain, and thus equalize it.

This way Dr Franklin often ^{induced} (used, and
 obtained) sleep. I have often found the ~~best~~
~~not~~ benefit from ~~of~~ this remedy when im-
 posed upon one from necessity. When called
 out of bed in ^{this} ~~in~~ ^{Wahigut} disease, I have
 seldom failed to drop asleep ^{immediately} after returning
 from visiting my patient. ¹¹ ~~Sitting up~~
~~in an arm chair, or~~ ^{lying} with the
 head elevated above the body, or ~~in~~ ⁱⁿ sleeping
 in a half bent posture. ~~Another~~ I had a
 patient a few years ago in 1808 who could
 sleep only in her arm chair. The blood
 was restrained by its gravity in this state
 of the body from over stimulating the brain.
 the mind upon some one

13 Concentrating the mind upon some one subject. Counting a 100 backwards - or thinking of a flock of sheep leaping in succession over a fence, or of a large wheat field just before harvest waving before a gentle breeze of wind.



The excitement of the ¹⁰brain is thus gently
worn down to the sleeping point. It is
proving the ears to certain simple sounds
which ~~do not~~ ^{do not} excite any ideas in the mind, and which
reduce excitement by the stimu-
lus of action. These sounds are the Colian
harp, or the dropping of water into a basin,
or a monotonous human ~~voice~~ ^{voiceless} ~~voiceless~~ ^{voiceless}
in singing or speaking. You have all ^{I presume}
heard of ~~the~~ ⁱⁿ ~~man~~ ^{who was afflicted with}
this disease to whom ~~none~~ ^{all} of the common
remedies for inducing sleep had been given in
vain. One of his neighbours who had often
seen him sleep in Church advised his friends
to send for the parish priest to preach in
his sick room. This priest probably had a
monotonous ^{voice}, which is always, whether
in a preacher, a pleader, or a ~~to~~ reader, of
an anodyne nature. All these ^{simple}
impressions upon the ears act by lessening

V 16 Dr Bonet commands obliging persons
who are obstinately wakeful, to stand until they
begin to nod. It appears to be a ~~not~~ rational
remedy. —

17 If ^{it arise} from cold feet or of the body a thorough
warming ^{of both} before going to bed.

11

Down its excitement.

15 ~~14~~ Dr Willis relates a case of obstinate wake-
fulness which always went off as soon as
a belching of wind took place from the sto-
mach of his patient. What would be the ⁱⁿ
effect of creating a similar revulsive action
to the stomach by means of an emetic or
of nauseating doses of medicine?

✓ 16. Let us next inquire into the Remedies
which are proper to cure ~~this~~ wakefulness
where the ~~eye~~ brain is below the ~~the~~ sleeping point.

This state of the brain may be known by
attending to its Carcass. The more protracted they
have been in their Operation, the more probably
they have produced it. The pulse in this state of
the system is weak, and the face & eyes discover
none of the marks of preternatural or undue
excitement in the brain.

The Remedies in this state of the disease

✓ Dr Jackson tells us it has often induced
sleep when applied to the soles of the feet.

12

1 Opium ^{Begin} ~~Begin~~ with small doses. Five drops
with sometimes be more effectual in inducing
sleep than ^{30,} 40, or 50. 2 a tincture or tea, or
extract made of hops, or 3 a bag of hops
placed under the head. This medicine often
induces sleep where opium fails, and wholly
from its being a more feeble Anodyne.
4 Apapetida - in tincture or pills. I have
known two pills made of this Gum act as
an Anodyne, when opium failed in its ordi-
nary dose of having that effect. ~~It~~ acts
chiefly upon the Nerves.
5 a light Supper. 6 a Draught of Porter
or a glass or two of Wine taken at bedtime.
7 Tea or Coffee of a moderate strength taken
in the evening. All these Substances induce
sleep by elevating the System to the sleeping
point. 8 The warm Bath, or the pediluvium
just before bedtime.

[Faint, illegible handwritten text, likely bleed-through from the reverse side of the page.]

9 Light, either of a Candle, or of the moon
 or of the morning. It is because the light of
 the morning elevates the system to the point
 of Sleep, that many persons fall asleep at
 the dawn of day, who have passed the whole
 night in a state of distressing wakefulness.
 I mentioned formerly an instance of a
 lady in this city who was unable to sleep
 without the stimulus of the light of a Can-
 dle in her room.

10 A Customary sound. The inhabitants of
 the neighbourhood of the falls of the Nile are
 unable to sleep when they go abroad beyond
 the reach of its noise. I know of a gentleman
 in this city who was unable to sleep
 when ever he slept in a room where he did
 not hear the ticking of a number of watches.
 He had been in the practice of taking all the
 watches in his shop into his bed room every

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right to prevent their being stolen.

11 Throwing off the bed clothes & creating a reaction of the System from the action of cold. - ~~which~~ ^{this} reaction by transcending the feeble action of the System, elevates it to the sleeping point.

12 Jumping out of bed and walking across the floor. This remedy acts by acts when the brain is unduly excited by attracting its excess of excitement to the lower limbs. Put in the state of wakefulness now under ~~which it is below the state of excitement,~~ ^{consideration, the limbs are sometimes in} the exercise of walking throws the excitement a plus, while the brain is in a minus state of excitement. In this case the plus excitement of the limbs is thrown into the brain ^{which induces sleep by equalizing} ~~whereby~~ ^{great} ~~less~~ excitement, and ^{or in a suspended bed.}

~~Sleep~~

13 Being rocked in a cradle, This increases the

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determination of the blood to the brain & thus brings on sleep.

14 Placing the body upon a brick stone, or any other ^{solid} body, ~~and~~ with the head towards its circumference, and then impacting to it a rotatory motion. Bonpied relates the case of a man who was cured of wakefulness by this remedy. It soon creates the healthy apoplexy upon which sleep depends.

15 Going to bed precisely at the same hour, as every night, and rising at the same hour every morning.

16 Laying upon a hard bed, where a patient has been accustomed to it. Bonet mentions the case of an Officer who returned to spend a winter with his family after a summer campaign. He was unable to sleep for several weeks. At length ^{he was advised,} ~~his physician~~ to lie down upon some straw upon a ground floor.

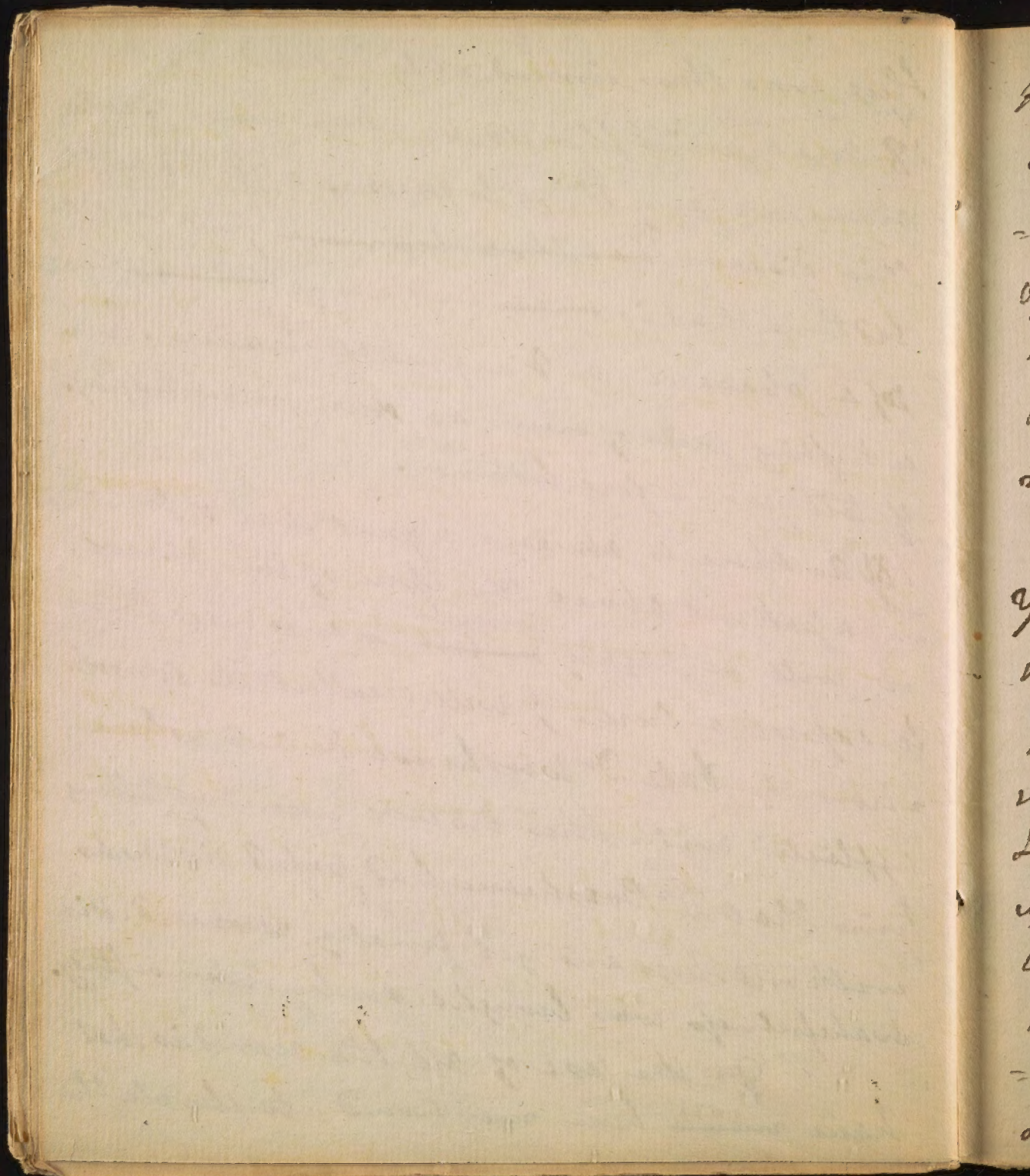
17 Riding in a Carriage. It was thus indeed
in a lady in this city after all the con-
=vivial remedies had been used to no purpose.

Sleep was thus immediately induced.

18 Great pains should be taken never to communicate any thing to persons afflicted with this disease that shall become just before bedtime that is ~~of an~~ interesting ~~nature~~ whether of a pleasant, or disagreeable nature. Even a trifling piece of news as often prevented sleep if told just before bedtime.

19 As there is always a great deal of solitude in a patient about the issue of this disease, it will be highly ^{proper} to encourage them to expect a cure. I well recollect the consolation the late Dr Woodhouse derived when afflicted with this disease upon my telling him that Dr Boerhaave had passed six weeks without sleep and yet finally recovered. His wakefulness was brought on by intense study.

In the use of all the remedies that have been mentioned, to elevate the



the system to the sleeping point, recollect the
rules formerly given when a disease af-
fects two or three of the different systems
of the body. They must all be reduced to
the same grade of debility, or in other
words slumbered, or ~~excit~~ stimulants will
not only be ineffectual, but ~~increase~~ ^{chiefly} the
disease. Watch the blood vessels ~~carefully~~.

You can do little to any good purpose in
the brain the nerves, and ~~muscles~~
diseases of ~~these or four~~ ^{the} systems until you
first regulate their actions, and bring them
into harmony with the latter. ~~The great~~ ^{secret}
~~secret~~ ⁱⁿ of the practice of ~~medicine~~ ^{physic} depends chiefly
upon attending to this rule, and afterwards
combining ^{the} medicines that act primarily
and as it were specifically upon the diffe-
rent systems in their equally debilitated
state. —

